WHAT IS CLAIMED IS:

1.   A personal information system, comprising:

a subscriber computer with an optical disk drive;

a portable optical disk readable by the optical disk drive;

a database management server comprising a database including personal data and an optical disk writer wherein the optical disk writer writes the personal data to the portable optical disk said personal data being viewable and downloadable by the subscriber computer; and

a subscriber interface comprising an Internet web browser wherein the Internet browser is used to view personal data on the portable optical disk and to update the personal data stored on the database management server.

2.   The system as defined in Claim 1, wherein the personal data to be stored on the portable optical disk is selectable using the subscriber interface.

3.   The system as defined in Claim 1, wherein the personal data is transferred between the subscriber computer and the database management server in an HIPAA-compliant mode.

4.   The system as defined in Claim 1, wherein the transfer of personal data between the subscriber computer and the database management server can be initiated by either the subscriber computer or the database management server said data transfer occurring either in a real-time mode or a batch mode.

5.   The system as defined in Claim 1, wherein the personal data comprises text, image, audio, and video data.

6.   A method of maintaining personal data on a portable optical disk, the method comprising:

entering personal data onto a database management server wherein the personal data is stored in the database management server;

writing the personal data onto the portable optical disk wherein the portable optical disk is readable from an optical disk drive using an Internet web browser interface; and

delivering the portable optical disk to a subscriber.

7.   The method as defined in Claim 6, wherein the personal data residing on the database management server can be updated using the Internet web browser interface;

8.   The method as defined in Claim 7, wherein the personal data to be updated is selectable by the subscriber.

9.   The method as defined in Claim 6, wherein entering, writing, and updating the personal data are in an HIPAA-compliant mode.

10.   The method as defined in Claim 6, further comprising using the portable optical disk at any healthcare service center to prevent repetitious registration process at different healthcare service center sites.

11.   The method as defined in Claim 6, wherein the portable optical disk is created at the health care service center site.

12.   A system for maintaining personal data, the system comprising:

entering means for entering personal data;

storing means for storing the personal data;

accessing means for accessing the stored personal data wherein the accessing means comprises a PC with an optical disk drive and an Internet web browser;

transferring means for transferring the stored personal data between the entering means and the storing means in a secure mode; and

updating means for updating the stored personal data wherein the updating means comprises using the Internet web browser.

13.   A portable optical disk comprising personal data, wherein said personal data comprises demographics, medical data, living will, power of attorney, and conditions of admission in formats including text, images, audio, and video wherein the portable optical disk is readable from an optical disk drive using an Internet web browser interface.

14.   A personal data management system comprising:

a portable optical disk comprising demographics, medical data, living will, power of attorney, and conditions of admissions in formats including text,

images, audio, and video wherein the portable optical disk is readable from an optical disk drive using an Internet web browser; and

a database management server comprising an optical disk writer and a database wherein the database contains the personal data to be written to the portable optical disk using the optical disk writer.